

Enkamgak

Manidoo Giizoons (Spirit Moon) | December 2024

Kchi-booni Giizis (Big Winter Moon) | January 2025



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Help us welcome babies born in 2024!
See the form on [page 18](#).

NFN 2023-2024 Annual Report

NFN's 2023-2024 Annual Report is here! Read this edition to learn about the previous fiscal year's organizational updates, achievements, service delivery statistics, and more.



Members can also find complete audit information at nfn.ca/finance/audits/.



Hard copies of the Annual Report are available at the NFN Administration Building located at 36 Semo Road, Garden Village, and online through the [NFN website](#) or [Membership Portal](#).

Remembrance Day Ceremony 2024



See more photos from NFN's [Remembrance Day Ceremony on Facebook](#).

NFN hosted its 2024 Remembrance Day ceremony on November 11 at the cenotaph in Garden Village to honour military personnel who gave their lives, as well as veterans, active service members, and their families.

Miigwech to 22 Wing/Canadian Forces Base North Bay for their instrumental support, to the children's choir from Our Lady of Sorrows Catholic Elementary School for singing the National Anthem in three official languages, and to the NFN staff that made this ceremony possible.

Despite the drizzling rain, many community members and partners gathered for the event - a testament to the deep significance Remembrance Day holds in our hearts.

Connect with us!



NFN Membership Portal

The Portal gives exclusive access for NFN members to:

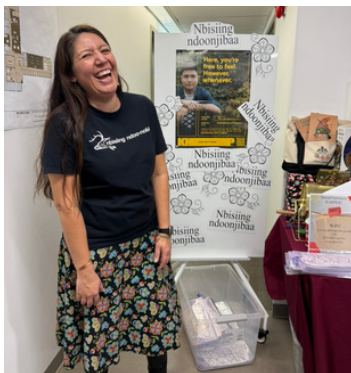
- **View confidential documents** (Robinson Huron Treaty Past Annuities Settlement, Chief & Council)
- Sign up to **receive Enkamgak / Newsletter** and/or **Job Postings by email**.
- **Student registration**

Register at portal.nfn.ca or scan the QR code:



NFN Annual General Meeting

On Saturday, November 16, NFN community members, staff, and partners gathered in the Nipissing First Nation Administration Building for the 2024 NFN Annual General Meeting, where they learned about NFN's programs, projects, and services.



Director of Social Services, Wendy Lariviere

The event, attended by more than 200 people, was a tremendous success. Miigwech to George Goulais, Chantal Vezina, and their family for cooking and serving the delicious breakfast that everyone enjoyed.



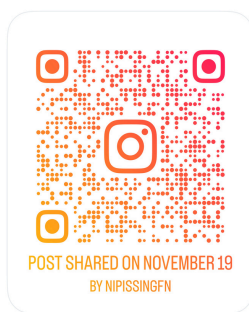
NFN CEO Brendan Huston presented on the organization's 2023-2024 Annual Report highlights and NFN's Own Source Revenues, while Georgina Villeneuve, Senior Executive Vice President of Trust Services for Peace Hills Trust, gave an update on the 2013 Boundary Claim Trust. Recorded versions of these presentations, along with

Chief Executive Officer, Brendan Huston

copies of the presentations, are available for viewing in the [NFN Membership Portal](#) under the November 19, 2024 notice titled *2024 Annual General Meeting*.



Culture and Language Manager, Mindy Goulais



Watch a video summary of the 2024 NFN Annual General Meeting on Instagram by scanning the QR code above.

NFN receives funding from CMHC for Elder's Lodge Project

In honour of National Housing Week, November 22-26, 2024, [the Canada Mortgage and Housing Corporation announced](#) that the federal government is providing \$262.2 million to help build 691 new homes in northern and Indigenous communities in Ontario.

From this funding, NFN received \$6,857,495 for 10 units for the Elder's Lodge in Duchesnay, and \$5,762,058 for 10 units for the Elder's Lodge in Garden Village.

NFN receives funding for adult and senior recreation and health education

Sport for Social Development in Indigenous Communities (SSDIC), a component of Sport Canada, awarded \$201,474 to the NFN Health Centre's Healthy Living department.

This funding will go towards the Adults Increasing Movement initiative, which is a two-year initiative that focuses on adult and senior recreation and health education.

Members can stay tuned for opportunities from this initiative in the coming months.

Funded by the Government of Canada



West Nipissing Lynx present donation to NFN Truth and Reconciliation Fund

West Nipissing Lynx Regional Scout and Indigenous Liaison, Dennis Commanda, presented Chief and Council with a \$6,165 donation to the NFN Truth and Reconciliation Fund. This donation was raised from the Lynx's Truth and Reconciliation hockey game on September 27, 2024. Gchi-miigwech, Lynx!



From left to right: Joan McLeod-Shabogesic, Priscilla Goulais, Samantha Stevens, Dennis Commanda, Chief Cathy Stevens, Rick Stevens, and Yvette Bellefeuille

NFN Entrepreneurs Nbisng Well Drilling awarded funding from Ontario

NFN entrepreneurs Jack and Kyle Ohalloran have been awarded funding through the NOHFC Invest North program.



Jack and Kyle Ohalloran, pictured with MPP Vic Fedeli.

This significant investment has enabled Nbisng Well Drilling, the first Indigenous owned well drilling company in our region, to purchase a water well drill rig and essential tooling. With these new resources, Jack and Kyle have already completed several successful projects in the Nipissing area and look forward to a productive season ahead.

In addition to this recent support, Jack and Kyle were previously awarded \$7,500 in NFN's 2022 Business Pitch Contest, further fueling their growth and commitment to the community.

NFN is extremely proud of their dedication and hard work, which bring vital services to both our community and the surrounding areas. Chi miigwech, Jack and Kyle, for your continued contributions!

2019 International Plowing Match present donation to NFN Homemakers Club

On Friday, November 15, the 2019 International Plowing Match (IPM) Chair Neil Fox and 2019 Director Thomas Lambert presented a \$20,000 cheque to the Nipissing First Nation Homemakers Club on behalf of the 2019 IPM Board of Directors.

The Homemakers Club has been around for generations, with many women following in the footsteps of their own mothers and relatives. Integral to the quality of life of NFN community members, homemakers consistently dedicate their time, energy, and resources to host and support events in NFN. The IPM's generous contribution will go towards the Homemakers Club's continued efforts to help NFN members.



From left to right: Becky Commanda, Kim Commanda, Sue Commanda, Neil Fox, June Commanda, Edna Laliberte, Priscilla Goulais, Jeannette Goulais, Tom Lambert, Angela McLeod, Joan McLeod-Shabogesic



NFN Entrepreneur, Troy Stevens, receives New Entrepreneur Award

Nipissing First Nation entrepreneur Troy Stevens was honored with the New Entrepreneur Award at Waubetek's Annual Business Awards Gala in early November for his business, Gateway EZ Docks. This award celebrates Troy's hard work and dedication to his expanding company, which specializes in high-quality dock solutions.



Troy Stevens receives New Entrepreneur Award

"I was very surprised. It's always nice to be recognized. I was taken aback at first that someone noticed what I was doing," Troy shared with the Waubetek team.

Troy has worked closely with Nipissing First Nation's Economic Development and Lands Departments to secure a space in the newly expanded Bineshii Business Park, setting Gateway EZ Docks up for future growth and success. Congratulations, Troy! Nipissing First Nation is proud of your achievements and excited to see your business thrive.

Elder Profile: Madeleine (Chevrier) Chretien

Profile Project funded by the Residential School Healing Project. Originally published: February 2005.

Madeleine, the youngest child of Louis Chevrier and Margaret Beaucage, was born in Sturgeon Falls on January 26, 1934. Madeleine's brothers - Martin (deceased), Valentine "Tipsay" (residing in Toronto) and

Donald (deceased) - blended with the children of her mother's first marriage to Antoine Couchie - Andrew, William (deceased), Edna Lewis (deceased) and Wilfred (deceased).

Madeleine spent her childhood years in Sturgeon Falls, her family moving to various rental homes in Sturgeon until Louis enlisted in Toronto. While Louis was away in Europe serving with the Canadian Forestry Corps, his family lived in Toronto.

In 1943, Madeleine's mother, Margaret, died of bronchial pneumonia. With her father still fighting in the war, her half-sister, Edna Lewis, took her and her brother, Donald, in - raising them with her daughter, Joan. But when Edna heard that the Children's Aid was getting involved, she put Madeleine and Donald on a train north, to their maternal grandmother, Maggie Beaucage, in Garden Village. But the Children's Aid got involved after Madeleine had been moved to various other homes. And the years as a foster child, moving from home to home, began.



Andrew Couchie and Madeleine (Chevrier) Chretien



Madeleine (Chevrier) Chretien

She attended elementary schools in Bonfield and North Bay, then grade nine at St. Mary's Academy and then on to St. Joseph's College for a two-year commercial course.

Once she finished with her schooling, she worked at the Lands Title Office in North Bay as a stenographer.

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Elder Profile: Madeleine (Chevrier) Chretien continued

At the age of twenty, she married Raymond Chretien and they raised five children together in North Bay: Denise Denomme (Val Caron), Diane Chretien (Duchesnay), Donald (Newmarket), Michele Chretien-Smith (Barrie), and Paulette Shank (Temiscaming, Quebec).

Whenever financial need was great, Madeleine would go back to work as a legal stenographer. While raising her family, Madeleine also did volunteer work, teaching 4H classes, belonging to various groups and giving several years to the Canadian Diabetes Association, for which she received the Ontario Division Appreciation Award on June 26, 1993 in Toronto.

January 2004, Madeleine celebrated her 70th birthday at a surprise party organized by her daughters, Diane and Paulette. Friends and family, including her four grandchildren, Devin and Tessa Shank, Treana Couchie-Chretien and Julien Chretien, gathered to mark this milestone (Adam Denomme, her oldest grandchild, was unable to attend).



(top left) Adam, Devin, Tessa, Treana, Julien; (top right) Denise, Diane, Donald, Michele, Paulette

Ken Hazell receives health manager certification and award of excellence



Ken Hazell receives First Nations Health Managers Certificate and Doris Bear Award for Excellence

NFN Program Manager for Giyak Moseng The Right Path, Kenneth Hazell, completed the Certified First Nations Health Managers Program (CFNHM), and received the Doris Bear Award for Excellence.

Ken's dedication and thoughtful contribution to the program were highlighted for his nomination.

"The award is named after Doris

Bear who was our very first Certified First Nations Health Manager," says the award nomination team. Doris works tirelessly to support her community and was a founding First Nations health manager advisory committee member who led the development of the competencies used for the CFNHM program.

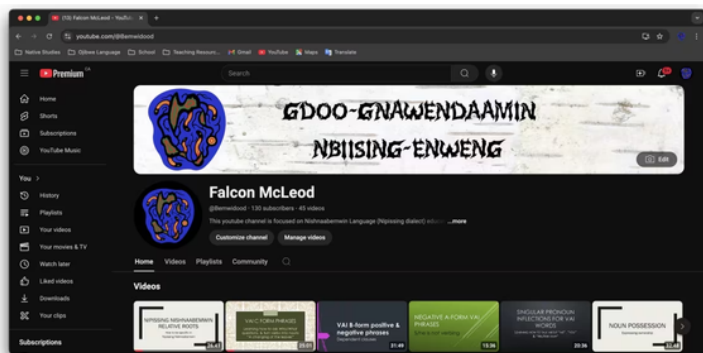
Congratulations, Ken on all of your hard work and for this notable recognition.



Ken Hazell receives First Nations Health Managers Certificate and Doris Bear Award for Excellence

NNDSB first to offer senior virtual Indigenous language courses to students across Ontario through eLearning Consortium

Near North District School Board media release, November 21, 2024



[NNDSB virtual Indigenous language courses on YouTube](#)
(Near North District School Board)

Near North District School Board (NNDSB) is offering a first-of-its-kind opportunity for secondary school students through the Ontario eLearning Consortium (OeLC). Students in the 56 school boards who are members of the OeLC can now earn upper-level Indigenous language credits through the virtual courses offered by NNDSB.

Previously, Level C and D Ojibwe language courses have only been offered through in-person learning. However, due to timetable conflict, students often faced the difficult task of having to select courses that are pre-requisites for post-graduation opportunities over language. Starting in January 2025, the availability of the courses through e-learning eliminates the issue of timetable conflicts, low enrolment, and potential course cancelation. This is not only a benefit to students in NNDSB, but across the province.

NNDSB teacher Falcon McLeod, who will be teaching the online courses, explained that a crucial aspect of learning Ojibwe is to gain proficiency in navigating resources (such as dictionaries and grammar resources of various dialects). The online courses NNDSB offers can inspire and support students in their learning experience and language learning goals.

McLeod has developed meaningful and authentic course content that can be used effectively to reach more students. With his dedication and focus to language revitalization, he supports the employment of strategies and resources that can best support language learners. McLeod's Nishnaabe name is Nishnaabemwin Bemwidood which means Keeper of the Language, and so, he has been learning the language since the age of five. He sought out every opportunity available to study Ojibwe while in school and studied with many notable language instructors along the way. The real turning point in his language education came when he attended his first immersion camp Ojibwemotaadidaa Omaa Gidakiiminaang (OOG) in Cloquet, Minnesota.

“Ever since that experience, I have been slowly trying to emulate all those experiences in my home community of Nipissing First Nation and recreate several of those resources in the Nipissing dialect,” McLeod said. “These resources have ultimately become what I use to teach Ojibwe in my classes and plans for future materials.” The courses build on learned skills from week to week. McLeod said students will cover one grammar concept per week and the following week will build on that knowledge in a way that has students learning Ojibwe at an exponential rate.

“For example, first week we introduce a set of nouns to be the actors for our sentences. The next week we have those same nouns doing actions and that’s how we introduce verbs,” McLeod said. “From there we introduce commands, then prepositional phrases, etc. Within about four lessons we’ve gone from no language knowledge to nearly story-telling abilities in Ojibwe.”

Each lesson consists of a pre-recorded video of the in-class lesson available on YouTube, a PowerPoint presentation from the video going over the lesson, a worksheet to get learners situated and aware of what to do for the work and an opportunity for them to seek help.

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Students also receive audio files of McLeod speaking Ojibwe at regular and slow speeds for learners to transcribe and translate.

“Upon entering the online classes and following along attentively with the materials I share, students can go from no awareness of the Nipissing dialect to being able to express conservatively hundreds of thousands of sentences in Ojibwe with one out of four types of the verb classes,” McLeod said.

Stella Solomon recognized with Hero in Health award

Originally published by [Anishinabek News](#) October 24, 2024

The Tony H. Jocko Memorial Heroes in Health Awards were presented on the second day of the Nimaaji-toomin Maamwii (We Are On This Journey Together) Health Conference held in Sault Ste. Marie, Ont., from October 22 to 24, 2024. The award is named after the late Tony Jocko-baa who worked tirelessly for the Anishinabek Nation as a Federal Health Policy Analyst.

As a Community Wellness Worker at the Lawrence Commanda Health Centre in Nipissing First Nation, Stella runs one of the cornerstone programs. She has championed is the Diner’s Club, a vital initiative that



Heroes in Health award winner presentation at the Nimaaji-toomin Maamwii (We are on this Journey Together) Health Conference on October 23, 2024. Northern Superior Regional Chief Mel Hardy, Stella Solomon, Ashley Middaugh, Lauren Dewar and Anishinabek Nation Health Director Jamie Restoule. – Photo by Jesse Johnson

feeds over 75 people aged 55 and up each month. This program not only provides nourishing meals but also fosters a sense of belonging and community. Stella’s tireless work ethic ensures that no detail is overlooked, and every aspect of the program runs smoothly.

Stella has consistently demonstrated a deep commitment to the well-being of community members, always going above and beyond to ensure that no one is left behind.

Whether through hard work behind the scenes or direct interaction with members, she always gets the job done leaving no stone unturned and with a deep sense of purpose.

In addition to the services and programs, she sees immense value in volunteers, recognizing their contributions as essential to the success of community initiatives. She not only provides opportunities for volunteers to get involved but also celebrates them annually with a dedicated dinner in their honour—highlighting the importance of their efforts and expressing gratitude for their time and energy.

Likewise, Stella is passionate about health education, regularly organizing workshops focused on diabetes management and living a healthy lifestyle. Through these sessions, she empowers participants with valuable knowledge and practical tools to improve their quality of life.

Stella’s contributions extend beyond adults; Stella is equally invested in the youth of the community. Each year, she organizes a highly successful youth Amazing Race, which provides young people with a full day of fun, learning, and teamwork. Activities such as canoeing, cooking, and team challenges culminate in sharing a meal, celebrating the spirit of collaboration and joy that the event fosters.

Her contributions have enriched our community in countless ways, making her a true health champion and an inspiration to all.

A Legacy of Service: The Story of Peter Shawanipinissi and His Medal of Honour

This Remembrance Day, a significant piece of history was honoured in Nipissing, as Arnold Stevens, the great-grandson of Peter Shawanipinissi, stood before a crowd to share the story of his ancestor's remarkable legacy. Peter, born in 1794 at Oka, Quebec to Jean Baptiste Chawenipinesi and Marie Louise Nakweiassinokwe, was a veteran of the War of 1812, a conflict that shaped the future of Canada.

More than two centuries ago, the War of 1812 broke out between the British and the Americans and spanned the waterways between Canada and the United States. While much of the history of the war focuses on the British and American forces, the crucial role played by First Nations warriors (Ojibwa, Odawa, Huron, and Algonquin peoples) led by Tecumseh, has often been overlooked. These warriors fought alongside British forces in numerous pivotal battles, including the Capture of Detroit, the Battle of Châteauguay, and the Battle of Beaver Dams.

Peter Shawanipinissi was one such warrior. As an 18-year-old in 1812, Peter took up arms in support of the British and fought in these significant battles. In recognition of his service, King George III awarded Peter a medal, a gesture of gratitude from the British Crown for the bravery and loyalty of First Nations warriors during the war. After the war, Peter married Madeleine Missekamikokwe in August 1818 at Oka, and together they had 12 children.

This medal, a rare and cherished symbol of service, was passed down through generations, from Peter to his son Joseph, and from Joseph to his son Simon Stevens.

Today, Arnold Stevens, the great-grandson of Peter, proudly carries on the legacy of his ancestor. "I have had the honour of wearing this medal for 56 years," Arnold shared during his address on Remembrance Day. The medal, which has been in the Stevens family for over 200

years, continues to serve as a powerful reminder of the sacrifices made by Indigenous warriors like Peter Shawanipinissi.

Arnold's speech on Remembrance day emphasized the underrecognized role of Indigenous soldiers in the War of 1812, particularly the leadership of Tecumseh, a prominent Shawnee leader whose influence was vital in securing the defeat of American forces.

For Arnold Stevens, this medal represents more than just a piece of history - it is a family heirloom that has connected him to his ancestors for generations. His connection to Peter Shawanipinissi is deep, and his sense of pride in his great-grandfather's legacy is palpable.

The significance of Peter's medal is not only felt by the Stevens family, but also by many members of Nipissing First Nation, who are descendants of Peter. Names like Restoule, Laronde, Lariviere, McLeod, Fisher, Dokis, Johnson, Penasse, Osawabine, Roy, Goulais, Blaker, Clemens, Commanda, and many more.

The legacy of Indigenous soldiers in shaping Canada's history is a legacy of courage, services, and sacrifice that honours the memory of those who fought for the land we call home.



Arnold Stevens addresses the crowd at Nipissing First Nation's Remembrance Day ceremony on November 11, 2024.



George III Peace Medal

Miigwech, Wolves Den Tim Horton's!

Thank you Lorie and Brian Young for inviting me to decorate smile cookies and for keeping the money in the community for the NFN Walking Alongside Services program. All sales from smile cookies purchased at the Wolves Den Tim Horton's location provided NFN children, youth and families with programs that enhance physical, emotional and spiritual well-being.



NFN Chief Cathy Stevens decorated smile cookies at the Wolves Den Tim Horton's location on November 18, 2024.

Council gathers for Miizhmizh Miikan Opening

Current and former council members gathered on the new Miizhmizh (Oak) Miikan for the Yellek to Duchesnay Road Opening Ceremony on October 15, 2024.

Connecting the east end communities will create opportunities to centralize services and continue developing community infrastructure to benefit current and future generations.



Learn more about the [project](#)



E-GIIGDOWAAD | CHIEF & COUNCIL

Attend Chief and Council Meetings and Submit Requests

Council meetings take place on the 1st and 3rd Tuesday of the month. NFN members can attend and keep informed through in-person or virtual attendance.

If you have a request for Council, complete the request form at nfn.ca/chief-council and submit by 4 p.m. the Thursday prior to the meeting. These can be dropped off to the front reception at 36 Semo Rd, Garden Village or emailed to kaylal@nfn.ca.

Requests could also be made at the meeting. Due to the number of items for Council to deal with on the agenda, Requests from the Floor are limited to 10 minutes per request and only three will be dealt with at the meeting. It is important to note that depending on the request, the items may need to be deferred to the next meeting if additional information is needed.

If you have any questions regarding the above, please feel free to contact Kayla Lariviere at 705-753-2050 ext. 1223 or kaylal@nfn.ca.

December 3

7:30 p.m. | Garden Village

December 17

7:30 p.m. | Duchesnay

January 7

7:30 p.m. | Garden Village

January 21

7:30 p.m. | Garden Village

JOIN IN PERSON:

Confirm your attendance with Kayla Lariviere at kaylal@nfn.ca or 705-753-2050 ext. 1223

WATCH THE LIVESTREAM:

NFN Membership Portal at Portal.NFN.ca

Recordings of past meetings are available for 30 days.

GIDAANMIKOON

UPDATES

Niibaanamaang Nimkodading

MINWAA

KINA WIYA

**NFN offices closed for the holidays
December 23, 2024 to January 3, 2025**

**THE RIGHT PATH
HARM REDUCTION SERVICES**
December 27 | 1:00-4:30 p.m.
January 3 | 1:00-4:30 p.m.

HEALTH
705-471-8992

BAND REPRESENTATIVES
705-753-2691

ONTARIO WORKS
December 27 from 9 a.m. to noon

**OJIBWAY WOMEN'S LODGE
EMERGENCY**
705-472-3321

FOOD BANK
December 27 | 9 a.m. - Noon

PUBLIC WORKS
Landfill
Open 8 a.m. to 4 p.m.
Dec 21-23 and 28-30
Garbage and Recycling
December 27 (*garbage only*)
December 30 (east end)
December 31 (west end)

EMERGENCY
705-840-3626

ANIMAL CONTROL
705-471-6844

**ALL OTHER CONCERNS
DIRECTOR OF ADMINISTRATION**
705-471-8194

Offices re-open on Monday, January 6, 2025

NFN Membership Portal

Access a variety of protected content, such as Council minutes and Trust updates. Easily update and manage your address and mailing preferences.

All registered members are added into a monthly draw for a \$50 gift card!

October 2024 winner: Anne-Marie Laliberté-Denis



Visit portal.nfn.ca or scan the QR code



Visit nbisiing.com or [Nbisiing Secondary School Facebook Page](#) for our calendar of events and other school-related information, or call (705) 497-9938.

Nbisiing Redhawk Drum Group

We are incredibly proud of our Nbisiing Redhawks Drum Group, who performed for the North Bay Battalion’s Indigenous Youth Day event, representing our school and community with strength and pride. In front of a crowd of 3,500 fans, they showcased the power of Nbisiing culture, standing as role models and leaders as the voice for Indigenous youth across the region. Our Nbisiing Redhawks also sang at the retirement of APS Constable Ontoncar.



Nbisiing E-Sports

Nbisiing Redhawks Deluxe – Nbisiing’s E-Sports Team – has been having a great start to their season and are currently sitting with a win-loss record of 4-2. They are currently fighting to make it into the playoffs before Winter Break.

Coaches, Albina, Thomas, and Jacob have all been instrumental in the start-up and success of this team – miigwech for your support!

Intramural E-Sports have also gotten off to a great start. Teams meet twice a week to compete in Super Smash Bros and Mario Kart Deluxe.

Tea and Bannock

As the colder months arrive, our Ojibwe classes took a quick break from the books and enjoyed from Tea & Bannock with Gookmis Glenna. Our students made their own cough syrup remedy that they were able to take home and share with their friends and family.



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Nbisiing Emiigaazwaad Hockey Program

We are excited to launch the Nbisiing Emiigaazwaad Hockey Program, a new school community initiative designed to introduce students to hockey while nurturing their holistic development—mind, body, spirit, and athleticism. Named by our students in our original Nishnaabe language, the “Nbisiing Emiigaazwaad” (Nipissing Warriors) program will focus on building foundational hockey skills, confidence, and a lasting connection to the sport. As the program grows, we hope to create a pathway that could eventually establish a formal hockey team, honoring the legacy of the Nipissing Warriors.



Through consistent ice time, skill-building, and cultural teachings, students will develop teamwork, resilience, and a love for the game in a supportive environment. This initiative will go beyond the ice, integrating workshops on goal setting, fitness, and cultural values, community, aiming to foster balanced, strong individuals grounded in community traditions.

A heartfelt miigwech to Tory Fisher, Tom Farrell, Jacob Moreau, and Albina Lavictoire for their hard work and dedication in bringing this program to life. We look forward to sharing more of our on-ice progress as we begin this exciting new chapter for our students and community at Nbisiing Secondary School! Aambe Nbisiing Emiigaazwaad Aambe!

Bineshii Business Park update

The initial round of applications prioritizing NFN members for commercial and light industrial lots in the Bineshii Business Park is open until Tuesday, December 31, 2024.

For more information and to download the policy and application, please visit nfn.ca/bineshii or contact the appropriate staff member listed below for assistance.

A billboard to market the new lots will be installed before the winter on the vacant lot east of Arrowhead Gas Bar. The sign will be on a moveable base, and was designed and supplied by CrimsonPepper following a competitive Request for Quotes process.

For general inquiries about the project and the application process, contact Gen Couchie, Business Operations Manager, at genc@nfn.ca or 705-753-2050 ext. 1243.



For **land leasing inquiries**, contact Cathy McLeod, Land Manager, at cathym@nfn.ca or 705-753-2922 ext. 1233.

For **business licensing inquiries**, contact Zack Lafleur, Economic Development Officer, at zackl@nfn.ca or 705-753-2050 ext. 1264.

Soil Remediation Project shuts down for winter

The Ministry of Transportation Ontario (MTO) has paused the soil remediation project until spring 2025 to allow more time for engagement and information sharing with stakeholders near the Agnew Lake Tailings Management Area. As part of this delay, the removal of the niobium rock tailings stockpile – currently stored temporarily on Lot 24 in the Bineshii Business Park – has also been deferred.

EXP (Engineering, Architecture, Design, and Consulting) and Nipissing Miller are implementing enhanced winter control measures to reduce potential radiation risks. This includes securely capping and covering the stockpile with protective tarps.

The stockpile was initially covered with 10 triaxle loads of Select Subgrade Material (SSM)—a high-quality gravel or crushed rock commonly used in road construction. SSM is “well-graded”, containing a mix of particle sizes that help it compact tightly, and “non-plastic”, meaning it lacks clay or water-retaining materials.

Radiation levels were thoroughly tested by EXP before and after adding the SSM, as well as after the tarping, to confirm levels remain well within safe limits.

Mnogin Greenhouse



Enjoy a selection of Mnogin’s most popular cultivars for only \$20 per order! Order now and pause or cancel anytime.

Quantities are limited - There are only 30 fresh produce packs available each week! Visit Mnogin.ca for details.



Garden Village Subscription



Duchesnay Subscription



Winter stockpile in Bineshii

To further enhance safety, Nipissing Miller added an additional layer of SSM before tarping, exceeding winter control requirements.

EXP will continue to monitor the stockpile twice weekly, with bi-monthly radiation scans. After significant rain or snow events, they will also inspect the stockpile to ensure its integrity.

The MTO remains committed to completing this cleanup and will work to resume transportation operations as soon as possible. The project team will host another community information session prior to resuming work in the spring.

For project questions or concerns, contact Gen Couchie, Business Operations Manager, at genc@nfn.ca or 705-753-2050.

Pick-up Days

Garden Village Band Office

- Thurs., December 5 | 4-6 p.m.
- Thurs., December 19 | 4-6 p.m.
- Fri., January 3 | 4-6 p.m.
- Thurs., January 16 | 4-6 p.m.
- Thurs., January 30 | 4-6 p.m.

Duchesnay Hall

- Thurs., December 12 | 4-6 p.m.
- Fri., December 27 | 4-6 p.m.
- Thurs., January 9 | 4-6 p.m.
- Thurs., January 23 | 4-6 p.m.

New drive-through electric vehicle charging station to open at Bineshii Business Park

A new Level 3 electric vehicle (EV) charging station will open in spring 2025 at Bineshii Business Park.

This summer, Nipissing First Nation received \$160,000 in funding through the Indigenous Energy Projects Program, supported by the Independent Electricity System Operator (IESO). After a competitive Request for Proposals process last year, TwoWiredGuys Ltd were awarded the project contract. Their dedication, hard work, and innovative thinking have been instrumental in making this vision a reality.



TwoWiredGuys Ltd employees.

The new charging station is a high-speed system that will allow EV drivers to charge their cars in just 30 minutes—perfect for quick stops along Highway 17. These Level 3 chargers are among the fastest available, making them ideal for both community members and highway commuters who need an efficient way to recharge. Given that roughly 10% of new vehicles sold in Canada are electric, this station positions our community to meet the rising demand for EV infrastructure and establishes us as a forward-thinking leader in sustainable transportation.

Designed as a drive-through, this station will be among the first of its kind in Canada, with unique accessibility to larger vehicles such as RVs and passenger vehicles with boat and utility trailers.

This inclusive setup directly addresses the needs of diverse travelers, ensuring everyone has the chance to recharge easily. The station will feature both drive-through and stationary charging spaces.



The new Level 3 EV charging station is set to open at Bineshii Business Park in spring 2025.

Beyond recharging vehicles, this station affords an opportunity to energize our local economy. Situated at Bineshii Business Park, a hub for Nipissing First Nation’s businesses, the chargers will attract increased highway traffic, providing travelers a reason to stop, explore, and support our member-owned businesses. This added visibility for the business park is expected to drive future growth, creating a vibrant community hub that benefits all.

The Economic Development Department is excited to see this innovative project come to life and anticipates that it will be fully operational by early next spring. This development highlights Nipissing First Nation's dedication to sustainable practices and support for clean energy solutions that benefit both our members and the environment.

Stay tuned for more updates, and chi-miigwech to TwoWiredGuys Ltd for their vital role in bringing sustainable innovation to our community!

Ndaapsigewin – Smudging

Gookmis Evelyn McLeod

Ndinendmowin – wewena nji-mshkawenmaan
Mind – what we think and how we react is positive

Ndinendmowin – wewena nji-mshkawenmaan
Mind – what we think and how we react is positive

Shkiizhigoon – wewena nji-gna-waabmag wii-ji bmaadiz
Eyes – what we see is positive and what we see in others

Ntawgan – wewena nji-bsindwag e-kinoomawid
Ears – what we hear and listen to will be positive

Ndoon – wewena nji-gnoonag wii ji-bmaadiz
Mouth - what we say is positive and helpful to others

Oode – Nji-mshkawi-zoongde’eyaan
Heart – to be able to heal and use that gift to help others

Wiiow – wewena nji-moseyaan nishnaabe i-naadziwin
Body – that we walk in a positive way in this physical world



Kendaaswin / Library



Mon	Tues	Wed	Thurs	Fri
9 a.m. – 4 p.m.	9 a.m. – 4 p.m.	9 a.m. – 4 p.m.	9 a.m. – 4 p.m.	9 a.m. – 4 p.m.

Closed for lunch hour (noon – 1 p.m.)

Family Christmas Inflatable

DRAW

Win an inflatable Christmas decoration!

Enter your household: email randyp@nfn.ca

Limit one (1) entry per household

Draw Date: Friday, December 13, 2024

Prize may differ from image shown



NFN Food Bank Donations

Donations can be brought to the NFN Front Reception (36 Semo Rd., Garden Village) or to the NFN Food Bank (19 Philip Ave., Garden Village).

In November 2024, the NFN Food Bank received generous donations from the following individuals and organizations:

- Monthly donation from Patrick and Samantha Stevens
- Monthly donation from Mnogin Greenhouse (herbs and lettuce)
- Moose donation from MNR
- Nora Goulais and Alice Villemaire (\$500 donation)
- Les Couchi
- North Bay Rotary Club
- Jocko Point Christmas Parade (Lilly Saunders)



Miigwech for your donation!

Scratch Ticket Moose

RAFFLE

\$2 each or
3 for \$5

Win a 4-foot pre-lit moose covered in over \$1,000 worth of scratch tickets and gift cards!

Where to Buy Tickets

- NFN Front Reception & Ontario Works Reception Desk (Administration Building)
- Contact Jessica at jessc@nfn.ca or 705-753-6972
- Tim's Convenience
- Supplies for the Soul
- Arrowhead Gas Bar
- How Convenient
- Northern Convenience
- KanaLeaf (Jocko & Yellek)



Draw will take place on **Monday, December 16 at 3:00 p.m.**,
livestreamed on the [NFN Administration Facebook page](#).

Scratch tickets kindly provided by How Convenient, Twiggs Coffee Roasters, Arrowhead Gas Bar, Young Forestry Services, Tim Horton's, Tim's Convenience, Northern Convenience, and Supplies for the Soul.

Wiidooktaadyang Family Well-Being Program

CONTEST

Win a Ring Doorbell!

The first 40 entries will receive a restaurant gift card.



WHAT DOES FAMILY WELL-BEING MEAN TO YOU?

How to Enter:

Submit, in writing, what family well-being means to you.

and/or

Submit a photo of your family that illustrates your idea of family well-being.

Submit Your Entry:

By: Friday, December 13, 2024

To: Lyn Quiring, Wiidooktaadyang Coordinator lynq@nfn.ca

Please note that family pictures may be used for NFN publications such as social media and the NFN Annual Report.

Garden Village Peer Outreach Support Team (GV-POST)

The GV-POST team conducts regular outreach within West Nipissing and Garden Village to ensure accessibility for individuals in these areas.

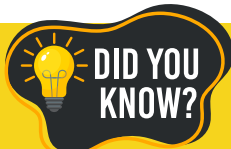
POST offers transportation support for qualifying participants, including rides for:

- Job interviews
- Court appointments (when no other supports are available)
- Pharmacy visits and grocery trips in Sturgeon Falls
- Food deliveries from Garden Village Food Bank
- Apartment viewings
- Medical appointments not covered by the Lawrence Commanda Health Centre
- Cultural programs hosted by True Self (e.g., sharing circles, drumming, workshops)



To schedule transportation, please book at least 24 hours in advance by calling 705-471-7046 or emailing braydenq@trueself.ca.

Learn more about True Self Debwewendizwin's Peer Outreach Support Teams (Garden Village and North Bay) and their services:



Learn more about NIHB:



Call 1-800-640-0642 to see if you qualify for vision care, medical supplies and equipment, dental care and medications. (Note: you will asked to provide your status number.)

If you have a medical appointment out of town you may qualify for mileage, accommodations and meals. Please contact the NIHB Coordinator at jodyb@nfn.ca or 705-753-3312 ext. 2233.



2024
Yearly Baby Review
Newsletter Submission



For babies born in 2024!

Along with baby's most recent photo, please submit the following information to be featured in a February 2025 newsletter baby review edition.

Baby's Name: _____
First Name Middle Name Last Name

Date of Birth: _____ Time of Birth: _____
MM/DD/YYYY

Weight: _____ Height: _____

Place of Birth: _____
Hospital Name City/Town Born In

Parents: _____

Siblings: _____

Grandparents: _____

Great Grandparents: _____

Submissions may be emailed to mistya@nfn.ca, dropped off or mailed by
Friday, January 10, 2025:

The Lawrence Commanda Health Centre
58 Semo Road, Garden Village ON P2B 3K3
Attention: Misty Arbour



**WE'RE
HIRING!**



EMPLOYMENT

As per Nipissing First Nation hiring procedures, the following steps are used for screening and recruitment processes:

- 1st Round: Open to all NFN members.
- 2nd Round: Open to registered members of other First Nations and spouses and children of registered NFN members.
- 3rd Round: Open to all applicants (status and non-status).

NFN members are encouraged to apply to all rounds of employment postings. As per **Section 24(1)(a) of the Ontario Human Rights Code**, Nipissing First Nation gives preference to First Nation applicants for any employment opportunities.

Full postings and descriptions are available at nfn.ca/jobs

Executive Assistant | Full-Time / Permanent

*1st Round closes Friday, December 6, 2024 at 4:30 p.m.
2nd Round closes Friday, December 13, 2024 at 4:30 p.m.
3rd Round closes Friday, December 20, 2024 at 4:30 p.m.*

Frontline Worker - Ojibway Women's Lodge |

Full-Time / Permanent
*1st Round closes Friday, December 6, 2024 at 4:30 p.m.
2nd Round closes Friday, December 13, 2024 at 4:30 p.m.
3rd Round closes Friday, December 20, 2024 at 4:30 p.m.*

Systems Operator - Mnogin Greenhouse |

Full-Time / Contract
*1st Round closes Friday, December 6, 2024 at 4:30 p.m.
2nd Round closes Friday, December 13, 2024 at 4:30 p.m.
3rd Round closes Friday, December 20, 2024 at 4:30 p.m.*

Rink Maintenance Worker | Full-Time / Contract

*1st Round closes Friday, November 29, 2024 at 4:30 p.m.
2nd Round closes Friday, December 6, 2024 at 4:30 p.m.
3rd Round closes Friday, December 13, 2024 at 4:30 p.m.*

Snowplow Operator - Senior's Services |

Full-Time / Contract
*1st Round closes Friday, November 29, 2024 at 4:30 p.m.
2nd Round closes Friday, December 6, 2024 at 4:30 p.m.
3rd Round closes Friday, December 13, 2024 at 4:30 p.m.*

Childcare Centres Cook/ Cleaner |

Full-Time / Permanent
*1st Round closes Friday, November 29, 2024 at 4:30 p.m.
2nd Round closes Friday, December 6, 2024 at 4:30 p.m.
3rd Round closes Friday, December 13, 2024 at 4:30 p.m.*

IT Technician | Full-Time / Permanent

*1st Round closes Friday, November 22, 2024 at 4:30 p.m.
2nd Round closes Friday, November 29, 2024 at 4:30 p.m.
3rd Round closes Friday, December 6, 2024 at 4:30 p.m.*

Maintenance Custodian | Full-Time / Permanent

*1st Round closes Friday, November 22, 2024 at 4:30 p.m.
2nd Round closes Friday, November 29, 2024 at 4:30 p.m.
3rd Round closes Friday, December 6, 2024 at 4:30 p.m.*

Open to all qualified applicants until filled

Child and Youth Shelter Support

Full-Time / Permanent

Ojibway Women's Lodge Manager

Full-Time / Permanent

Family Support Worker

Full-Time / Permanent
Open to Round 1 and 2 applicants only

Post Majority Worker

Full-Time / Permanent

Events Planner Program Assistant

Full-Time / Permanent

Social Cultural Coordinator

Full-Time / Permanent
Open to Round 1 and 2 applicants only

Child and Youth Program Facilitator

Full-Time / Permanent
Open to Round 1 and 2 applicants only

First Nation Representative

Full-Time / Permanent



APPLY TODAY!

Submit application to: resumes@nfn.ca or Fax: 705-753-0207



DEC
4, 11, 18

DUCHESNAY DROP-IN

Duchesnay Community Hall | 6 - 9 p.m.
For NFN youth aged 13-24.



DEC
5



VIRTUAL BEAUCAGE PARK COMMUNITY INPUT SESSION

Zoom (online) | 5 - 7 p.m.
Engagement session for off-reserve NFN members. Email melissa@whiteotterconsulting.com for Zoom link.



DEC
5, 19

GARDEN VILLAGE DROP-IN

65 Juniper Cres. | 6 - 9 p.m.
For NFN youth aged 13-24.



DEC
6



SENIORS (55+) CHRISTMAS PARTY

Garden Village Gym | 5 - 10 p.m.
For NFN seniors and their +1s (an NFN adult or a non-member from your household). Register with Eleanor at 705-753-3312.

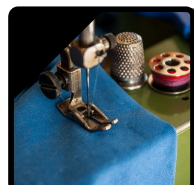


DEC
7



FAMILY CHRISTMAS PHOTOS

NFN Band Office | 11 a.m. - 2 p.m.
Interested in getting professional family Christmas photos? Register with Jon at jonw@nfn.ca or 705-753-6971.



DEC
8



UNFINISHED PROJECTS SOCIAL

Garden Village Gym | 9 a.m. - 4 p.m.
With Tracey Larochelle. Lunch provided. Register with Brady at bradyp@nfn.ca or 705-753-2050 ext. 1232.



DEC
10



MONEY MANAGEMENT WITH FN MARKET HOUSING FUND

Administration Building North Reception | Book an Appointment 1-1, private meetings with a FN Market Housing Fund rep. Register with Angela at angelam@nfn.ca or 705-753-2050 ext. 1259.



DEC
10, 17



SENIORS DRUMFIT

Duchesnay Community Hall | 11 a.m. - Noon
For NFN seniors 55+. Register with Jon at jonw@nfn.ca or 705-753-6971.



Event requires registration

See NFN December 2024 / January 2025 Events calendars on last page of Enkamgak!

For updates on Walking Alongside Services events, follow [f @NFNWAS](https://www.facebook.com/NFNWAS)

- 



DEC
10, 17

BABY GROUP
Sundown Ridge Chalet #3 | 11 a.m. - 1 p.m.
 For NFN parents and their children aged 0-5. Register with Sam at samm@nfn.ca.
- 



DEC
11

MONEY MANAGEMENT WITH FN MARKET HOUSING FUND
Administration Building North Reception | Book an Appointment
 1-1, private meetings with a FN Market Housing Fund rep. Register with Angela at angelam@nfn.ca or 705-753-2050 ext. 1259.
- 

DEC
11

DINER'S CLUB
Garden Village Gym | Noon - 1 p.m.
 For NFN seniors 55+. For more information, contact the LCHC at 705-753-3312.
- 



DEC
11

GINGERBREAD HOUSES
Holy Spirit Church Basement | 5:30 - 7:30 p.m.
 For NFN children aged 6-12. Register with Victoria at victorial@nfn.ca.
- 



DEC
12

TRADITIONAL MEDICINE TEACHING - MNIDOO GIZOONS (DECEMBER)
LCHC | 11 a.m. - 1 p.m.
 Relaxing tamarack foot soak and medicine teaching with Glenna Beaucage. Register with Donna at 705-753-3312.
- 



DEC
13

YOUTH CHRISTMAS PARTY
Garden Village Gym | 6 - 9 p.m.
 For NFN youth aged 13-24. Register with Katie at katiel@nfn.ca by Tuesday, December 10. Transportation available.
- 



DEC
18

SENIORS DRUMFIT
LCHC Boardroom | Noon - 1 p.m.
 For NFN seniors 55+. Register with Jon at jonw@nfn.ca or 705-753-6971.

 **Event requires registration**

See NFN December 2024 / January 2025 Events calendars on last page of Enkamgak!
 For updates on Walking Alongside Services events, follow [f @NFNWAS](https://www.facebook.com/NFNWAS)



DEC
27



FOOD BANK ACCESS DAY

NFN Food Bank | 9 a.m. - Noon

To place your order, contact foodbank@nfn.ca or 705-753-6972.



JAN
7, 14,
21, 28



SENIORS DRUMFIT

Duchesnay Community Hall | 11 a.m. - Noon

For NFN seniors 55+. Register with Jon at jonw@nfn.ca or 705-753-6971.



JAN
7, 14,
21, 28



BABY GROUP

Sundown Ridge Chalet #3 | 11 a.m. - 1 p.m.

For NFN parents and their children aged 0-5. Register with Sam at samm@nfn.ca.



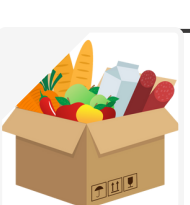
JAN
7



LEAFS & PIZZA

65 Juniper Cres. | 7 - 10 p.m.

For NFN youth aged 13-24. Register with Katie at katiel@nfn.ca.



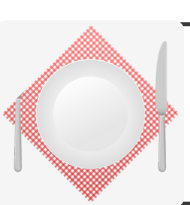
JAN
8



FOOD BANK ACCESS DAY

NFN Food Bank | 9 a.m. - 4 p.m.

To place your order, contact foodbank@nfn.ca or 705-753-6972.



JAN
8



DINER'S CLUB

Garden Village Gym | Noon - 1 p.m.

For NFN seniors 55+. For more information, contact the LCHC at 705-753-3312.



JAN
8



PILLOW MAKING

65 Juniper Cres. | 5:30 - 7:30 p.m.


For NFN children aged 6-12. Register with Victoria at victorial@nfn.ca.



Event requires registration

See NFN December 2024 / January 2025 Events calendars on last page of Enkamgak!


For updates on Walking Alongside Services events, follow [f @NFNWAS](https://www.facebook.com/NFNWAS)



JAN
8, 15, 22

DUCHESNAY DROP-IN

Duchesnay Community Hall | 6 - 9 p.m.
For NFN youth aged 13-24.



JAN
11, 17

GARDEN VILLAGE DROP-IN

65 Juniper Cres. | 6 - 9 p.m.
For NFN youth aged 13-24.



JAN
14

NBISIING SECONDARY SCHOOL OPEN HOUSE

Nbisiiing Secondary School | 3:30 - 5:30 p.m.
Open house and information night for grade 9 September registration.



JAN
14, 28



GIRLS NIGHT

Duchesnay Community Hall | 5:30 - 7:30 p.m.
For NFN children aged 6-12. Register with Victoria at victorial@nfn.ca.




JAN
14



TWEEN NIGHT

65 Juniper Cres. | 6 - 8 p.m.
For NFN youth aged 10-12. Register with Katie at katiel@nfn.ca.



JAN
15, 22, 29



SENIORS DRUMFIT

LCHC Boardroom | Noon - 1 p.m.
For NFN seniors 55+. Register with Jon at jonw@nfn.ca or 705-753-6971.



JAN
15



SELF-CARE CREATING


65 Juniper Cres. | 5:30 - 7:30 p.m.
For NFN children aged 6-12. Register with Victoria at victorial@nfn.ca.





Event requires registration



See NFN December 2024 / January 2025 Events calendars on last page of Enkamgak!


For updates on Walking Alongside Services events, follow [f @NFNWAS](https://www.facebook.com/NFNWAS)


- 



JAN
16
- 
- LEAFS & PIZZA**
- 65 Juniper Cres. | 6:30 - 10 p.m.
- For NFN youth aged 13-24. Register with Katie at katiel@nfn.ca.
- 


JAN
20
- 
- YOUTH CRAFT**
- 65 Juniper Cres. | 6 - 9 p.m.
- For NFN youth aged 13-24. Register with Katie at katiel@nfn.ca.
- 

JAN
22
- 
- FOOD BANK ACCESS DAY**
- NFN Food Bank | 9 a.m. - 4 p.m.
- To place your order, contact foodbank@nfn.ca or 705-753-6972.
- 

JAN
22
- 
- DIAMOND ART NIGHT**
- 65 Juniper Cres. | 5:30 - 7:30 p.m.
- For NFN children aged 6-12. Register with Victoria at victorial@nfn.ca.
- 

JAN
23
- BI MINO WIISIN**
- Garden Village Gym | 11 a.m. - 1 p.m.
- Come out to enjoy a good meal! All are welcome. Sponsored by Social Services.
- 

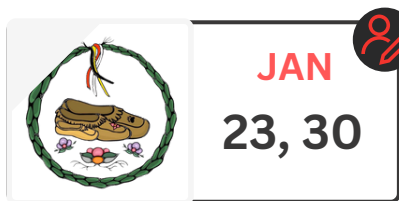
JAN
23
- 
- TRADITIONAL MEDICINE TEACHING - MNIDOO GIIZIS (JANUARY)**
- LCHC | 1 - 4 p.m.
- Make a medicine pouch and learn about the 4 sacred medicines with Glenna Beaucage. Register with Donna at 705-753-3312.
- 

JAN
23
- 
- BOYS NIGHT**
- Duchesnay Hall | 5:30 - 7:30 p.m.
- For NFN children aged 6-12. Register with Victoria at victorial@nfn.ca.

 Event requires registration

See NFN December 2024 / January 2025 Events calendars on last page of Enkamgak!

For updates on Walking Alongside Services events, follow  [@NFNWAS](https://www.facebook.com/NFNWAS)



JAN
23, 30



YOUTH HANGOUT

65 Juniper Cres. | 6 - 9 p.m.

For NFN youth aged 13-24. Register with Katie at katiel@nfn.ca.



JAN
25

NBSIING SECONDARY SCHOOL OPEN HOUSE

Nbsiing Secondary School | 10 a.m. - Noon

Open house and information night for grade 9 September registration.



JAN
29



CRAFT NIGHT

65 Juniper Cres. | 5:30 - 7:30 p.m.

For NFN children aged 6-12.



Event requires registration

NFN Walking Alongside Services past events



In November, the NFN Walking Alongside Services held the following events:

- Baby group
- Parenting classes
- Ribbon skirt making
- Storytime with Gokmis
- Drop-ins: Duchesnay and Garden Village
- Nishnaabemwin with youth
- Smile Cookie decorating with Wolves Den Gas Bar
- Boy's night
- Tween cooking
- Cooking with Lily
- Northern Bounce
- Leafs & pizza
- Dinner and a movie



NFN Youth participated in cookie decorating with Wolves Den Tim Hortons as part of Walking Alongside Services program event

See NFN December 2024 / January 2025 Events calendars on last page of Enkamgak!

For updates on Walking Alongside Services events, follow [f @NFNWAS](https://www.facebook.com/NFNWAS)



KNOW THE SIGNS.

DON'T RUN. CALL 9-1-1.

A drug poisoning is a medical emergency. Know the signs of a drug poisoning and call 9-1-1 right away:

- difficulty walking, talking, or staying awake
- blue lips or nails
- very small pupils
- cold and clammy skin
- dizziness and confusion
- extreme drowsiness
- choking, gurgling or snoring sounds
- slow, weak, or no breathing
- inability to wake up, even when shaken or shouted at

Anishinabek Police Service frontline officers, and other first responders carry naloxone and we want to assist. The Good Samaritan Drug Overdose Act provides broad legal protections for anyone seeking emergency support during a drug poisoning, including the person experiencing the poisoning. This means citizens, including youth, will not be charged for offences such as simple possession for calling 9-1-1 in an emergency.

CARRY NALOXONE

Naloxone can temporarily reverse an opioid poisoning. It is available free-of-charge.

WHAT TO DO IF YOU SUSPECT AN OVERDOSE



THERE ARE TWO TYPES OF KITS: AN INJECTABLE NALOXONE KIT AND A NASAL SPRAY NALOXONE KIT – EACH COMES WITH THEIR OWN SUPPLIES. EACH KIT ALSO CONTAINS EDUCATION MATERIAL AND CONTACT INFORMATION THAT COULD HELP PREVENT FUTURE OVERDOSES. IF YOU SUSPECT SOMEONE IS HAVING AN OVERDOSE, FOLLOW THESE STEPS:



01

Shout their name and shake their shoulders.

If they are unresponsive, call 9-1-1.

02

Give naloxone (1 spray into nostril or inject 1 vial into arm or leg).

Opioids last longer than the naloxone, so it's very important to seek medical attention, even when naloxone is given and symptoms improve.

If using the spray: Lay the person on their back. Support their neck and tilt their head back. Peel back the package and remove the device. Place the tip of the nozzle in one nostril. Press the plunger firmly to release naloxone into the person's nose.

If using the injection: Tap the ampoule (the vial containing the medicine) to send all the liquid to the bottom. Snap open the ampoule by breaking off the top. Using the syringe and needle included in the kit, pull the plunger to draw up the liquid. Inject it into muscle in the upper arm or upper thigh. Press the plunger all the way down.



03

Give 30 chest compressions and two rescue breaths

(if you are comfortable doing so).

04

If there is no improvement after 2-3 minutes, repeat steps 2 and 3.

Stay with the person.



05

If the person begins breathing on their own, or you have to leave them alone, put them in the recovery position.



Roll them on their side with their head tilted back slightly to open the airway. Their hand supports their head and their knee stops the body from rolling onto their stomach. Monitor them, as they may be confused, upset or going into withdrawal when revived. Do not allow them to use more drugs.

OVERDOSE MYTHS

DO NOT	REASON
Put the person in a cold bath.	They may drown or go into shock.
Make the person vomit.	They may choke.
Inject the person with something else (i.e. salt water, cocaine, milk).	They may be seriously harmed. Only naloxone can reverse the overdose.

KITS ARE AVAILABLE FOR FREE

NALOXONE KITS ARE AVAILABLE FOR FREE AT ANY COMMUNITY PHARMACY AND PUBLIC HEALTH CLINICS. IF CARRIED AT THE RIGHT PLACE AND THE RIGHT TIME, THESE KITS CAN SAVE LIVES.

OPIOID DEPENDENCE THREATENS THE LIVES OF MANY PEOPLE EVERY DAY. NALOXONE IS A SAFE AND EFFECTIVE WAY TO RESCUE PEOPLE, ALLOWING MORE TIME TO ACCESS EMERGENCY SERVICES AND AFFORDING THE OPPORTUNITY TO ACCESS COMMUNITY RESOURCES TO HELP PEOPLE TO MOVE TO REHABILITATION AND RECOVERY.



Paula Goulais Bailliache
 Piano & Voice Lessons
 705-845-0117
 Jocko Point, Garden Village
 West Nipissing ON

Ray's Auto
Glass
 & Tire Repair

Sells Tires!
Ray Commanda
 705.471.0572

141 Front St, Sturgeon Falls, ON P2B 2H6.

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George Couchie

www.culturalmindfulness.ca
couchie.george@gmail.com
 705-494-6887




408 Couchie Industrial Road
 North Bay, Ontario P1B 8G5

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 F: 705-476-2470

ktiganingmidwives@gmail.com
www.ktiganingmidwives.com

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beaucagecontracting@gmail.com

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www.shopgreenmedicine.ca



NFN Business Owners
1 More Spot to Claim!
 Email: communications@nfn.ca
 with a High Resolution Image
 of your Business Card



Community Events

Manidoo Giizoons (Spirit Moon) | December 2024

Namegiizhgod Sunday	Nokiigiizhgod Monday	Niizhgiizhgod Tuesday	Aabtawse Wednesday	Shpinganwang Thursday	Jiibiiatgogiizhgod Friday	Maaniigiizhgod Saturday
1	2 West end 	3 Chief & Council GV 7:30 p.m. East end 	4 Food Bank Access Day Youth Duchesnay Drop-In Duchesnay Hall 6-9 p.m.	5 Mnogin Greenhouse Pick-up GV Band Office 4-6 p.m. Virtual Beaucage Park Engagement Zoom (online) 5-7 p.m. Youth GV Drop-In 65 Juniper 6-9 p.m.	6 Seniors Christmas Party GV Gym 5-10 p.m.	7 Family Christmas Photos NFN Band Office 11 a.m. - 2 p.m.
8 Unfinished Projects Social GV Gym 9 a.m. - 4 p.m.	9 West end  	10 Money Management Admin - North Reception Seniors DrumFit Duchesnay Hall 11 a.m. - Noon Baby Group Sundown Ridge #3 11 a.m. - 1 p.m. East end  	11 Money Management Admin - North Reception Diner's Club GV Gym Noon - 1 p.m. Gingerbread Houses Children 6-12 Church Basement 5:30 - 7:30 p.m. Youth Duchesnay Drop-In Duchesnay Hall 6-9 p.m.	12 Traditional Medicine Teaching LCHC 11 a.m. - 1 p.m. Mnogin Greenhouse Pick-up Duchesnay Hall 4-6 p.m.	13 Family Christmas Inflatable Draw Youth 13-24 Christmas Party GV Gym 6-9 p.m.	14
15 	16 Scratch Ticket Moose Raffle Draw Facebook Live 3 p.m. West end 	17 Seniors DrumFit Duchesnay Hall 11 a.m. - Noon Baby Group Sundown Ridge #3 11 a.m. - 1 p.m. Chief & Council Duchesnay 7:30 p.m. East end 	18 Food Bank Access Day Seniors DrumFit LCHC Noon - 1 p.m. Youth Duchesnay Drop-In Duchesnay Hall 6-9 p.m.	19 Mnogin Greenhouse Pick-up GV Band Office 4-6 p.m. Youth GV Drop-In 65 Juniper 6-9 p.m.	20	21
22	23	24	25	26	27 Food Bank Access Day 9 a.m. - Noon Right Path Harm Reduction Services 1:00 - 4:30 p.m. Mnogin Greenhouse Pick-up Duchesnay Hall 4-6 p.m.	28 Ontario Works 9 a.m. - Noon
29 West end  	30 East end  	31	Mukwa Miikan Landfill Hours Saturday - Tuesday 8 a.m. to 4 p.m. Closed during statutory holidays			

 NFN Offices Closed for the Holidays 

Community Events

Kchi-booni Giizis (Big Winter Moon) | January 2025

Namegiizhgod Sunday	Nokiigiizhgod Monday	Niizhgiizhgod Tuesday	Aabtaawse Wednesday	Shpinganwang Thursday	Jiibiaatgogiizhgod Friday	Maaniigiizhgod Saturday
Mukwa Miikan Landfill Hours Saturday - Tuesday 8 a.m. to 4 p.m. <i>Closed during statutory holidays</i>			1	2	3	4
			NFN Offices Closed for the Holidays			
5	6	7	8	9	10	11
	 West end Youth Leafs & Pizza 65 Juniper 7-10 p.m.	Seniors DrumFit Duchesnay Hall 11 a.m. - Noon Baby Group Sundown Ridge #3 11 a.m. - 1p.m. Chief & Council GV 7:30 p.m.  East end	Food Bank Access Day Diner's Club GV Gym Noon - 1 p.m. Pillow Making Children 6-12 65 Juniper 5:30 - 7:30 p.m.	Mnogin Greenhouse Pick-up Duchesnay Hall 4-6 p.m. Youth Duchesnay Drop-In Duchesnay Hall 6-9 p.m.	2024 Baby Review Submissions Due	Youth Garden Village Drop-In 65 Juniper 6-9 p.m.
12	13	14	15	16	17	18
	 West end Girls Night Children 6-12 Duchesnay Hall 5:30 - 7:30 p.m.	Seniors DrumFit Duchesnay Hall 11 a.m. - Noon Baby Group Sundown Ridge #3 11 a.m. - 1p.m. Nbisiing Secondary Open House 3:30 - 5:30 p.m. Tween (10-12) Night 65 Juniper 6-8 p.m.  East end	Seniors DrumFit LCHC Noon - 1 p.m. Self-Care Creating Children 6-12 65 Juniper 5:30 - 7:30 p.m. Youth Duchesnay Drop-In Duchesnay Hall 6-9 p.m.	Mnogin Greenhouse Pick-up GV Band Office 4-6 p.m. Youth Leafs & Pizza 65 Juniper 6:30 - 10:00 p.m.	Youth Garden Village Drop-In 65 Juniper 6-9 p.m.	
19	20	21	22	23	24	25
	 West end Youth Craft 65 Juniper 6-9 p.m.	 East end Seniors DrumFit Duchesnay Hall 11 a.m. - Noon Baby Group Sundown Ridge #3 11 a.m. - 1p.m. Chief & Council GV 7:30 p.m.	Food Bank Access Day Seniors DrumFit LCHC Noon - 1 p.m. Diamond Art Night Children 6-12 65 Juniper 5:30 - 7:30 p.m. Youth Duchesnay Drop-In Duchesnay Hall 6-9 p.m.	Bi Mino Wiisin GV Gym 11 a.m. - 1 p.m. Traditional Medicine Teaching LCHC 1 - 4 p.m. Mnogin Greenhouse Pick-up Duchesnay Hall 4-6 p.m. Youth Hangout 65 Juniper 6-9 p.m.	Boys Night Children 6-12 Duchesnay Hall 5:30 - 7:30 p.m.	Nbisiing Secondary Open House 10 a.m. - Noon
26	27	28	29	30	31	
	 West end Girls Night Children 6-12 Duchesnay Hall 5:30 - 7:30 p.m.	 East end Seniors DrumFit Duchesnay Hall 11 a.m. - Noon Baby Group Sundown Ridge #3 11 a.m. - 1p.m.	Craft Night Children 6-12 65 Juniper 5:30 - 7:30 p.m.	Mnogin Greenhouse Pick-up GV Band Office 4-6 p.m. Youth Hangout 65 Juniper 6-9 p.m.		